

Food No

The Newsletter of Food for People • The Food Bank for



The Holiday Spirit Food and Fund Drive will kick off with the Canned Food Cowboy Convoy on November 22. At left, last year's Cowboy Convoy in Old Town, Eureka. At right, food donated during last year's drive.



The 22nd Annual Holiday Spirit Food and Fund Drive

By Laura Hughes, Local Food Resources Coordinator

School is in session, the days are getting shorter, and the holiday season is around the corner!

At Food for People, we're planning the biggest food collection event of our year: the 22nd Annual Holiday Spirit Food and Fund Drive. Soon you'll be seeing our food donation barrels at locations throughout the county, each decorated with our logo and list of most-needed foods.

Last year, community members donated over 64,000 pounds of food to help feed neighbors, friends, and families in need. We invite you to participate in our efforts again this season. Every donation makes a difference. Together, we can help ensure that everyone in our community has enough nutritious food to eat during the winter months,

including and beyond the holidays.

The holidays can be a stressful time for anyone. But for low-income families with limited resources, providing additional meals to kids while they're home on break from school, the expectation of buying gifts, and the pressure to provide a special holiday meal for loved ones can be more than stressful. In many cases, it's simply out of the question.

That's where the "Holiday Spirit" of our generous community comes in. Hundreds of businesses, organizations, groups, and individuals pitch in across the county to participate in various efforts to raise funds and collect food to help make the holidays a little easier on families with children, seniors, the disabled and homebound, and working people

who do not have enough food to eat. But the barrel food drive is only one of several Holiday Spirit activities.

The Hunger Fighter Challenge

An essential component of the Holiday Spirit Food and Fund Drive is the Hunger Fighter Challenge. Any group can participate and put together a Hunger Fighter Team. If you're interested, just let us know, and we'll get you started. Our Hunger Fighter teams include businesses, churches, schools, civic organizations, and community groups, all who sign up to participate in a friendly competition to determine which team can collect the most food and funds during the months of November and December. Each Hunger Fighter Team creates their own unique approach to raising food and funds. We appreciate the

creativity and enthusiasm of all our participants. Not only does the Hunger Fighter Challenge bring in much-needed food, it's also a fun way to get people involved and educate them about the realities

Continued on page 5



Holiday Bags will be distributed in the Times Standard on November 25.



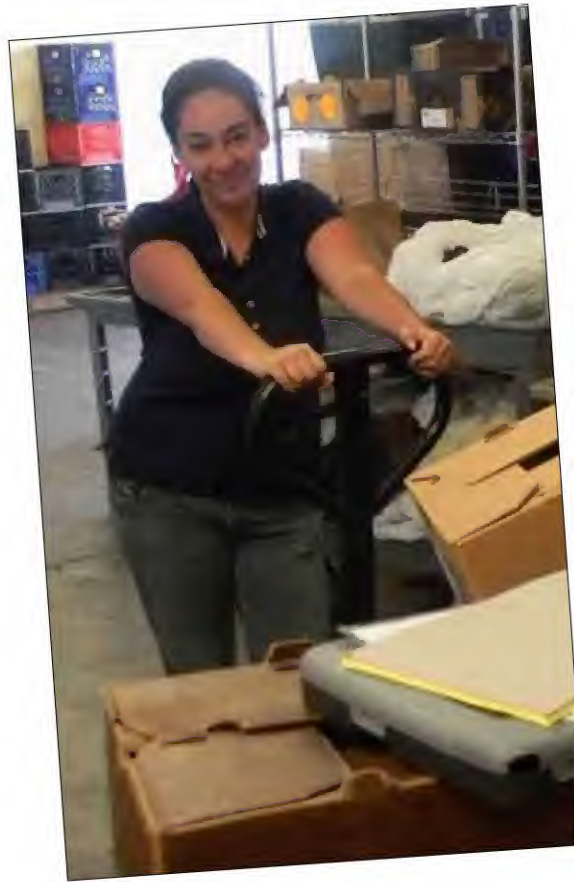


Board of Directors

Nicholas Vogel, *President*
 Carol Vander Meer, *Vice President*
 Jerome J. Simone, *Treasurer*
 Caterina Lewis-Perry, *Secretary*
 Annie Bolick-Floss
 Bill Daniel
 Lew Litzky
 Martha Spencer

Staff

Anne Holcomb
Executive Director
 Amelia Boulware
Fund Development Director
 Andy Nieto
Operations Manager
 Art Brown
Driver
 Carrie Smith
Child Nutrition Programs Coordinator
 Cassandra Culps
Nutrition Education Coordinator
 Corey Tipton
Bookkeeper
 Darci Gibson
Pantry Network Coordinator
 Deborah Waxman
Director of Programs
 Desiree Hill
Warehouse Coordinator
 Erin Tharp
Community Food Programs Coordinator
 Heidi McHugh
Community Education & Outreach Coordinator
 Jeanna DiMinno
Fundraising Assistant
 Jeff Gupton
Food Distribution Coordinator
 Laura Hughes
Local Food Resources Coordinator
 Michael Quintana
CalFresh Application Assistor
 Nick Gauger
Warehouse Assistant
 Peggy Leviton
Finance Director
 Philip Anderson
Volunteer Coordinator
 Stephen Uidl
Pantry Network Driver
 Suzanne Ross-Kohl
Inventory Database Manager



Erin Tharp, Community Food Programs Coordinator, gets ready for Senior Distribution Day at the Eureka warehouse.



What the People Food for People

By Erin Tharp, Community Food Programs Coordinator

What do the people at Food for People do? As the Community Food Programs Coordinator, I supervise our two senior programs, the Commodity Supplemental Food Program (CSFP) and the Senior Brown Bag Program, and our Homebound Delivery Program. Up to 600 people are served monthly through these programs.

The Commodity Supplemental Food Program provides a 30-40 pound box of nutritious food monthly to income-eligible seniors.

The Senior Brown Bag Program provides a bag of groceries for low-income senior households each month. Volunteer drivers deliver bags to those who are unable to pick up their own food.

Our Homebound Delivery Program provides a monthly bag of groceries for adults under age 60 who are too ill or disabled to leave their homes. Some recipients are recovering from illness or surgery, while others may be coping with a terminal illness. Referrals are accepted from hospital discharge planners, social workers, and home health workers.

One of the most rewarding parts of my job is working with clients one on one, which is challenging because during distributions I'm really busy, and when I'm not doing distributions I am preparing deliveries or cleaning up. The other day a woman came in to re-certify for CSFP, and I had a chance to sit down with her and do the application. It feels good to be able to help someone get something they really need—food. A big problem I notice with my clients is that on paper they have a pretty significant income, but their medical costs are astronomical, so the money they actually have is insufficient. Seeing my clients living in substandard conditions and without help is very difficult.

Notes from the Director

The Future of Hunger

By Anne Holcomb



It was inspiring to see so much energy around Hunger Action Month in September as people shared their thoughts and their photos for our #HungerHurts social media campaign or studied our “30 Ways in 30 Days” calendar for links to books, articles, and movies that were designed to help us gain a better understanding of how hunger impacts so many lives in our community and beyond. The calendar also included suggestions for short-term actions each one of us can take, either individually or collectively, to be part of the solution. Each of these actions is incredibly important and can make a huge difference for that child, family, senior citizen, or disabled

individual in need. But looking beyond the day-to-day reality of making sure our programs reach the people who need our help as efficiently, cost effectively, and respectfully as possible, Hunger Action Month also prompted some discussion about the challenges inherent in characterizing hunger as a solvable problem.

Food for People's Board and Management Team have been grappling with that very issue recently as part of our strategic planning efforts, thinking long and hard about how to structure our organization to meet tomorrow's needs. As the process continues to unfold, we are asking ourselves whether our focus should continue to be on the very straightforward action of getting food to the people who need it, which is what we know we do well, or whether we should be tackling the bigger challenge of actually ending hunger in our community. The latter is obviously a tall order that requires the engagement of many stakeholders, but one that we can't afford to lose sight of as the world around us changes.

Economic stability for those we serve is clearly a top priority as

we work toward the goal of ending hunger. The gap between the “haves” and the “have nots” has widened significantly in the wake of the Great Recession, and many economists are now saying that one of the most important steps we can take to improve the economy is to get more money into the hands of our lower and middle income households because they are the ones who are most likely to spend those dollars within their local community to meet basic needs. This requires a better balance between wages/benefits and cost of living, and we appreciate the work being done to help the average citizen by advocates and policymakers who understand the correlation between the two.

But one of the more immediate economic factors that we are just beginning to learn more about is the impact that climate change will have on food production and the cost of food, which is already on the rise. Over the course of just the past few years, we've seen an increase in major storms that have brought increased rainfall and flooding to some places while leaving other areas, like California, in severe drought. The drought has been devastating for many California

farmers who have been forced to leave their fields fallow for lack of water. Ranchers have reduced the size of their herds, and farmers have scaled back production. What many of our readers may not know is that this has already had an impact on food banks' access to what are referred to as “bonus commodities” offered to food banks by the U. S. Department of Agriculture (USDA).

For those who aren't familiar with the USDA commodity programs, the USDA contracts with large agricultural producers to purchase the commodity foods that are provided to schools and food banks. The budget for commodity purchases is set when the details of the Farm Bill are negotiated every five years, and these designated funds are intended to provide a guaranteed supply of meats, grains, vegetables, and fruits for food banks' programs. The quantity that food banks receive is based on a formula that reflects local poverty and unemployment rates, and generally provides enough for one month—not enough variety for a food box but still a welcome staple.

Unlike regular commodities, “bonus commodities” are purchased with money that is linked to the federal “price supports” program, which is used to keep food prices stable when there is a glut of a particular item on the market. We track the

Gleaning & Plant-a-Row Update

By Laura Hughes, Local Food Resources Coordinator

What an incredibly bountiful growing season it's been here in Humboldt County, and Food for People has been reaping the benefits!

This year is on track to become one of the most productive seasons on record for our Gleaning Program, already surpassing last year's totals in early September. 2014's unusually dry, sunny weather has definitely been a factor in terms of local food production. Farmers and gardeners alike have noticed produce ripening earlier

has received a lot of great press coverage and enthusiasm from the local community this season. Still, there are always folks who haven't heard about our Gleaning Program and what we do, and are excited to find out more about our community-based efforts to rescue the overabundance of usable food from farms and gardens throughout Humboldt County to help our friends and neighbors in need.

Farm donations have been bountiful this season, bringing in

Cucumber” for farmers in Humboldt County, with several farms donating thousands of pounds of excess cucumbers from their over-productive crops. We've made several trips to Deep Seeded Community Farm, Redwood Roots Farm, and Valley Flower Vegetable, among others, just to offload the enormous amount of cucumbers from farmers who don't know what else to do with them! This comes on the heels of a terrible cucumber season last year, which prompted farmers to plant more than they needed, just in case.

In addition to the glut of cucumbers, we've made several

Freshwater to harvest lettuce and peas, a Willow Creek harvest trip to Neukom Family Farm for cherry tomatoes, and Willow Creek Farm for beets. Warren Creek Farm has donated several hundred pounds of cauliflower, Mad River Community Hospital Farm has also shared their abundant pea and green bean patches, and Earthly Edibles in Korbels has more green beans than we can reasonably harvest.

On top of these on-farm harvests and pick-ups, farmers' market gleanings have also been incredibly productive this season, bringing in over 6,000 pounds

Help Sustain Us: Join the 800 Club

The 800 Club is our regular giving program composed of community members who donate monthly or quarterly. Many, many years ago, 800 people donating \$5 a month is what it took to cover our yearly budget. Since that time, we have greatly increased our services to children, seniors, and working families in need throughout our community. We currently provide food assistance for more than 12,000 people monthly, and our yearly budget has grown proportionately.

What remains the same is that everyone doing their part and donating a comfortable monthly amount turns into something powerful. Money we can depend upon allows us to make long-term plans while building strong foundations for our programs. Your donations will make a direct impact locally. Thank you to all 800 Club members; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become an 800 Club member. Just fill out the slip on this page and send it in. You will receive a packet of 12 envelopes that makes sending in your monthly donation easy. Or contact us directly to help you set up a monthly or quarterly charge on the credit card of your choice. You can also set up an automatic fund transfer with your bank. For more information, contact Amelia Boulware, our Fund Development Director, at 707-445-3166 extension 306 or email her at amelia@

The People's Produce Market

By Andy Nieto, Operations Manager

From May to October, Food for People hosts a series of free produce markets for low-income individuals and families in Humboldt County. These markets are offered in four locations throughout the county between May and October, and provide a regular assortment of fresh produce to enhance the diets and health of our clients and their families. The markets provide clients with access to fresh fruits such as apples, oranges, grapefruits, melons, plums, pears, and strawberries. Clients may also choose from nutritious veggies such as mixed greens, onions, sweet potatoes, carrots, potatoes, cabbage, corn, squash, kale, bell peppers, eggplant, and cucumbers.

With sponsorship from St. Joseph's Health System Foundation, we work in partnership with local farmers and gardeners, and statewide programs like Farm to Family and

"Donate, Don't Dump," to supply our markets with nutritious foods.

This year marks the sixth season of the Fortuna Produce Market. In partnership with Fortuna Community Services, Food for People has already served over 565 families and distributed over 43,000 pounds of fresh produce. This market, like our markets held in Eureka and Southern Humboldt, conducts regular outreach with clients, including CalFresh pre-screening and healthy meal planning assistance through food demonstrations and recipes. We work closely with our nearby pantries in Loleta, Ferndale, Fortuna, and Rio Dell/Scotia to refer their clients to the market and ensure that all low-income families in the Eel River Valley know of this wonderful opportunity to add variety and a nutritious boost to their meals.

St. Joseph's Health System Foundation's generosity continues

to give us the opportunity to serve our Southern Humboldt region. Our community partner at the Southern Humboldt Family Resource Center in Redway and Produce Market Coordinator Patty Rose in Garberville have reached a combined 595 households and distributed a total of 43,000 pounds! Rural locations such as these have limited access to fresh, affordable produce. Hosting these markets has given our neighbors the opportunity to take home 70 pounds of produce per family over the course of the season.

Our 2014 People's Produce Market in Eureka has been incredibly successful, having already served 930 families. During the market (which runs from noon until 2 PM), clients have the opportunity to learn about the CalFresh program, Healthy Kids Humboldt children's health insurance, children's oral health through RCAA's TOOTH program, and energy sustainability

Gleaning & Plant-a-Row Update

Continued from page 1

In addition to previous donors calling back again this year to offer their fruit, our media outreach efforts seem to have brought in more new community donors than previous years. Residents from all over the county have called to request volunteers to harvest their plums, pears, apples, and Asian pears. Calls for trees have been coming in from McKinleyville, Blue Lake, Fieldbrook, Arcata, Eureka, and Fortuna, as well as some from more remote locations like Hydesville, Bridgeville, Willow

Creek, and beyond. We try to provide harvest assistance where possible, but the volume of calls has surpassed our ability to respond to them all in a timely manner, so we encourage donors to bring in fruit from their trees when possible.

In addition to fruit tree harvests, walk-in donations of produce have also been abundant, with many area gardeners and residents dropping off surplus fruits and vegetables at Food for People directly. Already this season's donations through the "Plant A

Row for the Hungry" campaign have surpassed 13,000 pounds.

So how is all this produce used and distributed to the community? What do we do with all those cucumbers for example? Produce through Food for People's Gleaning Program is distributed to over 12,000 people throughout the county, many of whom are seniors and children. Produce distribution most often takes place at our Choice Pantry in Eureka, or one of our 15 other Pantry Network sites throughout the county. In many cases, produce is set out in a farmers' market style, where shoppers can choose to take whatever they can use and feel it most appropriate for their families and lifestyles. During the height of the season when we have so much coming in, there is often no limit on how much fresh produce shoppers can take. Sometimes we even put fresh produce out in the Eureka Pantry lobby for anyone who comes in to take if they need it. Gleaned produce

I'd like to be a regular donor!
Please send an 800 Club Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or Master Card:

Monthly ☐ Quarterly ☐ Amount: \$ _____

Card Number: _____

Exp. Date: _____ Sec. Code (on back of card): _____

22nd Annual Holiday Spirit Food and Fund Drive

Continued from page 1

of how hunger touches the lives of people we care about in our communities.

Donate to a Food Barrel

Another important part of our holiday collection efforts is partnering with businesses and organizations throughout the county to host one of the food collection barrels mentioned earlier. These businesses and their locations are listed on our red and white holiday bags, to make it easy for people to donate wherever they can. We partner with the Times-Standard to distribute these holiday bags with the newspaper during the week of Thanksgiving. Keep in mind that food donations stay in the communities in which they are donated. Thanks to Grocery Outlet, Wildberries, Safeway, Murphy's Markets, Northcoast Co-op, Ray's Food Place, North Valley Bank, U.S. Bank and all of our other organizational partners for hosting our collection efforts this season.

Cowboy Canned Food Convoy, Saturday, November 22

Each year, the Cowboy Canned Food Convoy serves as the big kick-off event for our Holiday Spirit Food and Fund Drive. The Redwood Unit of the Backcountry Horsemen of California collects non-perishable food items and makes a trek across Eureka with saddle bags full of nutritious goodies that are donated to the food bank. At the end of the trek near 2nd and A Streets in Old Town, the Food for People team feeds the horses apples and carrots while their riders unload hundreds of pounds of food. It's a great event for families and kids!

On-Air Food Drive with KHUM

Another fun event is the week-long, on-air food drive we host in partnership with KHUM just after Thanksgiving. Each day we broadcast live from different grocery stores throughout the county, and the KHUM DJs invite various Food for People staff members to speak on air about their programs and the work of the

Food for People, and do a great job of motivating listeners. In addition to creating a fun, festive atmosphere that encourages folks to donate with donor challenges and donor matches, we also have the opportunity to educate our community about the work we do, and have fun while doing it. Thanks to our KHUM friends for their dedication and ongoing support.

Independent Food Drives

In addition to our larger efforts, we help facilitate a number of smaller, independent food drives run by different groups in the community. Safeway, HSU, College of the Redwoods, and many grade schools and high schools hold their own drives and then bring their donated foods to Food for People. If you are interested in hosting an independent drive, please contact us!

There are many ways to participate in our Holiday Spirit Food and Fund Drive this season, and even more reasons to do so.

This year your donations are just as important as ever. Despite evidence in some sectors of a national recovery from the Great Recession, Humboldt County families continue to experience a far higher rate of need. Unemployment, underemployment, and a high cost of living combine to prevent many families from being self-sufficient. Our efforts to battle hunger and poverty are urgently needed.

We cannot serve the people we do - more than 12,000 a month - without thousands of generous people in our community coming together to give what they can. Every can of food, every dollar, and every hour you donate makes a big difference in a person's life. Help us share the holiday spirit by helping families put a special holiday meal on the table. Help us

holidays, but through the winter months as well. Help us build healthy, self-sufficient, hunger-free communities for ourselves, our friends, our neighbors, and our children. We *all* benefit from a healthier community.

Food for People is blessed with the support of caring individuals and organizations that regularly contribute to our food and fund drive efforts. Every donation is important, no matter how small.

We wish everyone in our community a holiday season free of hunger. 🐾



Below (top), members of last year's HSU Service Learning Hunger Fighter Team pose in food collection barrels. Below (bottom), KHUM's Amy and Cliff Berkowitz with Food for People's Executive Director Anne Holcomb at last year's on-air drive.



Child Nutrition Programs Update

By Carrie M. Smith, Child Nutrition Programs Coordinator

The Children's Summer Lunch Program

Have you ever gone a whole day without eating a full meal? Unfortunately, some children endure this reality on a daily basis. When school is out, getting enough to eat becomes even harder for children whose families are struggling to make ends meet. This is why Food for People is so passionate about supplying food to children throughout the year.

The Children's Summer Lunch Program supplied healthy sack lunches at 18 sites throughout Humboldt County from June through August. These lunches are free to any youth 18 years of age or younger. We served an average of 350 children each weekday. That's a lot of hungry mouths to feed! But we know that with proper

nutrition, children are more likely to grow up stronger, with fewer developmental, physical, and behavioral issues. It's our hope that they will be healthy and ready to start school in the fall. It's a win/win for everyone!

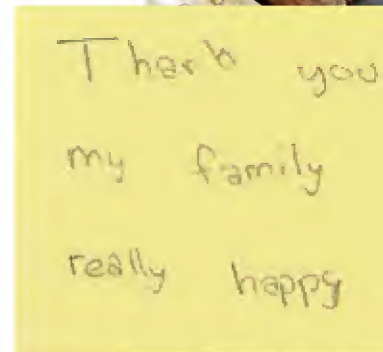
According to a new report from the Food Research and Action Center (FRAC), more low-income California kids are now eligible to receive meal assistance over the summer.

While the need persists, our Child Nutrition Programs keep growing, and we are working to find the funding to meet this need.

Funding for Food for People's Summer Lunch Program is

made possible by funding partnerships with the North Coast Grantmaking Partnership, made up of St. Joseph Health Humboldt County, the Smullin Foundation, First 5 Humboldt, the Humboldt Area Foundation, the Mel and Grace McLean Foundation, and the Union Labor Health Foundation, plus Cyprus Grove and other local individuals and businesses. We are deeply appreciative of their support! 🐾

For more information about child nutrition and California state statistics on food need, visit the Hunger Education section of our website at www.foodforpeople.org.



Backpacks for Kids and After-School Snack Program

Once summer ends and the school year starts, the After-School Snack and the Backpacks for Kids programs begin. These programs offer free, kid-friendly, non-perishable food items to low income kids for the times that they are not at school.

The After-School Snack Program gives out snacks to kids at 13 sites around the community from the Eel River Valley all the way to Willow Creek. These snacks are free to eligible children under the age of 18. This year we anticipate serving nearly 600 kids a day.

On Fridays, the Backpacks for Kids Program provides the children with a weekend food package that includes breakfast, lunch, dinner, and snacks, so that they can return to school on Mondays nourished and ready to learn. Some items included are peanut butter, oatmeal, mac and cheese, shelf stable milk, and a variety of canned food items. The cost is \$265 to support one child, every weekend, for the school year.

Local Rotary Clubs, individual donors, foundations, businesses, and other service clubs provide the support necessary to purchase the food and assemble the backpacks throughout the school year. 🐾

If you have questions, would like to volunteer, or would like to donate to either of these programs, please contact Carrie Smith at 445-3166 ext. 309 or csmith@foodforpeople.org.



The Summer Lunch Delivery Driver

Our Summer Lunch Program wouldn't have been a success without our delivery driver, Luis Davalos. Before he was hired, a former employer described him as a "quiet rockstar." So true! His pleasant demeanor and strong work ethic kept the program running smoothly during the summertime rush. He arrived at the Food for People warehouse everyday at 6 a.m., packed the lunches, and made sure that approximately 15,000 lunches



I'd like to be
Please send an 8

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or M

Monthly ☐ Quarterly ☐

Card Number: _____

Exp. Date: _____

Legislative Advocate Inspires at 2014 CalFresh Forum By Deborah Waxman, Director of

This past spring, Food for People and the Humboldt County Department of Health and Human Services (DHHS) worked together to present the 2014 Humboldt County CalFresh Forum, uniting local nonprofits and DHHS programs working on CalFresh Outreach in Humboldt County. County staff reviewed data trends between 2008 and today, noting that the number of individuals participating in CalFresh doubled since 2008, with the program currently reaching more than 18,000 individuals. This dramatic increase is, in part, a result of the recession and a continued slow recovery, especially and specifically amongst low-income households.

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, and known as CalFresh in California, has alleviated a great deal of hunger in Humboldt County and the United States during and after the Great Recession, as people who were suddenly out of work struggled to keep a roof over their heads and food on the table. It has helped keep households out of poverty and indirectly saved hundreds of thousands of jobs in the grocery industry. In Humboldt County alone, CalFresh participants spend more than \$2.5 million at local stores and farmers' markets each month. Locally, participation in CalFresh amongst seniors age 60 and older increased 373% between 2008 and 2013, and the number of participating children from birth to age 18 increased 60% in the same time period.

A strategic partnership between DHHS and dozens of nonprofits

throughout Humboldt County has made the process of connecting to nutrition assistance through CalFresh, even in the most remote corners of the county, more accessible than ever before. With transportation being a significant challenge for rural residents, access to experts at remote community hubs and the DHHS Mobile Engagement Vehicle has greatly improved food security for Humboldt's most vulnerable.

This year's keynote speaker at our CalFresh Forum, Jessica Bartholow, is a legislative advocate at the Western Center on Law and Poverty, with nearly two decades of experience in anti-poverty organizing, advocacy, and program development at the local, state, and national level. She has co-authored several advocate and program guides and led coalitions to support the passage of numerous pieces of signed legislation that improve public benefits delivery, consumer protections, and financial empowerment for low-income Americans. She is the 2012 recipient of the Wellstone-Wheeler National Anti-Hunger Advocate of the Year Award. Jessica has been a long-time partner and friend of Food for People since her former role as Director of Programs at the California Association of Food Banks, through which she was also the lead of a network of peers engaging in CalFresh Outreach statewide. In that role, she helped us assemble the very first CalFresh Forum in Humboldt County in 2009, which brought together representatives of food banks and county social services offices from around the state to share information about their (at the time Food Stamp) outreach



Jessica Bartholow, Legislative Advocate from the Western Center on Law

programs and partnerships and help us get our gears turning for future, localized possibilities in Humboldt County.

At this year's Forum, Bartholow reflected on her 2009 visit and how far we and our partners have come since then. She also shared her personal story of growing up in poverty in Northern California, with a father suffering from post-traumatic stress disorder (PTSD) after serving in the Vietnam War and a mother who did everything she could to keep the family afloat, moving the family almost every year and eventually needing to work from home in order to prevent her husband from suicide. Of the many things Jessica remembers from her childhood, hunger is an experience she will never forget. "It's not easy to grow up without enough food and watch other people who have enough. How is it that no one at school noticed that I was hungry? I was good at hiding it, but why didn't anyone notice?" she recalls. It wasn't until the tenth grade, when she refused to purchase a book needed for a class, that school staff told her she might be eligible for the school lunch program.

She recalled the life-long consequences of growing up

It had to be stitches or a broken bone, and there was a long debate to make sure it really was an emergency, and then there would be a fight, because it meant it would cost money needed for rent or food," she continued. So Bartholow and her sister rarely spoke up when they were hurt, which in some instances led to serious complications and chronic conditions and pain.

"My way out of poverty was through education," Bartholow shared. After patchworking together grants, loans, and credit cards, she put herself through college and graduate school, earning a degree in Political Science. While in graduate school, her father's PTSD worsened significantly, and she asked the Veterans Administration Clinic to reach out to him to offer help. They did, he accepted, and they also helped him apply for veterans disability income assistance.

Now, as a legislative advocate, she works tirelessly to improve low-income Californians' access to assistance and make sure their voices and stories are heard in the legislative arena. "California is one of three states that in 2011 had an increase in child poverty. We have the most child poverty



Stories of Food Insecurity in Our Community

By Heidi McHugh, Community Education & Outreach Coordinator

Providing CalFresh (the program formerly known as Food Stamps) application assistance at Food for People is a wonderful job. As expected, it feels great to provide a service that helps people access a consistent food budget so that they can incorporate more fresh fruits and vegetables into their diets and increase their food security. What I did not expect of this position, that I consider a true blessing, are the stories that are shared with me by the people we help.

My *Food Notes* article is usually oriented towards a discussion of policies at the state and federal level that affect the CalFresh program. I typically include data points and statistics that reveal the shocking impact of hunger in our nation and our community. This article will be free of those numbers (well, mostly). For this edition, I would like to share a sampling of the many stories that have been shared with me in my time here at Food for People. I will not be using names, as the identities of our clients are confidential, but each story below is part of the narrative of hunger in our community.

Between August and November of 2012, I helped a man apply for CalFresh twice. This man had worked for a local company for 20 years only to be let go two years from retirement. He was so shocked by this turn of events, and so confident that he would get another job right away, he missed the window to apply for unemployment benefits. He did not complete the first CalFresh application for the same reason. Speaking to him the second time, I could see he was still in disbelief that things had turned out that way after living securely and working so hard all of his life. His adult sons did not support his decision to apply for CalFresh because they had been influenced by the negative images of the program. This exacerbated his feeling of shame. He repeatedly expressed genuine gratitude to Food for People and the way that we made him feel that it was okay to ask for help.

College students who attend full time (6 units or more at HSU and CR) are generally not eligible for CalFresh unless they meet an exemption like working 20 hours or more per week. In November

2013 I helped a student who had applied in August 2013 and had been denied because of his status as a full-time student. Since his first application attempt, he had found a 20-hour/week job. He now qualified for CalFresh. Because his next meal was waiting on his first paycheck or the CalFresh application being approved, he visited our food pantry after I assisted him with his application. A visit to our pantry follows a different eligibility process, and this student was hungry and needed food immediately. Feeding America estimates that 10% of its 46.5 million adult clients are currently students, including about two million people who are attending school full-time. Nearly one-third of those surveyed (30.5%) report that they've had to choose between paying for food and covering educational expenses at some point in the last year. For more info, access <http://help.feedingamerica.org/HungerInAmerica/hunger-in-america-2014-summary.pdf>

A disabled veteran who was camping in his mother's backyard applied for CalFresh. At that time he had only \$120/month in income because of a discrepancy in his disability benefits. The same issue affecting his disability benefits delayed his CalFresh application processing. I was able to help him resolve the situation. He eventually received the full amount of CalFresh benefits. He secured an apartment with the aid of the North Coast Veteran's Resource Center. He also began to receive his full Social Security Disability Insurance payments, which drastically improved his situation. He was undergoing cancer treatments that required trips to the Veterans Affairs Medical Center in San Francisco. The support of community agencies like Food for People and the North Coast Veteran's Resource Center dramatically improved his living situation and enabled him to focus more on his health. 20% of households served by Feeding America have a member who has served in the United

feedingamerica-2014-summary.pdf

A follow-up call to a two person household that I had assisted with a CalFresh application revealed that they had discontinued their application. One of them had landed a great job and they would no longer need CalFresh or visit our food pantry. But they could not stay away from Food for People; they were so grateful for our service they began volunteering with us on a regular basis! Many of our clients share their time and energy as volunteers.

I received a phone call from a low-income senior who lived out of state, but was planning to relocate to Humboldt County. He had initially contacted the California Department of Aging who referred him to our local Area 1 Agency on Aging, who mailed him a copy of their Senior Information Guide. Through that guide, he learned about Food for People. He made an appointment with me to apply for CalFresh. On his application we also initiated his application for medical benefits. He arrived in Eureka homeless and was using the Betty Chin Day Center as a mailing address. Upon following up several weeks later he told me he had already seen his healthcare provider, been approved for CalFresh, and found housing. He eats lunch at the Humboldt Senior Resource Center's Eureka Senior Dining Site. He says the dining center is "so welcoming I feel like I am at my parents' house." Nearly nine million older adults are at risk of hunger in the U.S. For more info, access <http://www.aarp.org/aarp-foundation/our-work/hunger-learn-about-hunger/>

I had a conversation in the Choice Pantry with a woman who already receives CalFresh but still depends on the help of Food for People to get through the month. Like many people, particularly seniors, she lives on a fixed income. She told me how much the recent cuts to CalFresh really hurt her food budget. In November 2013, recipients of the



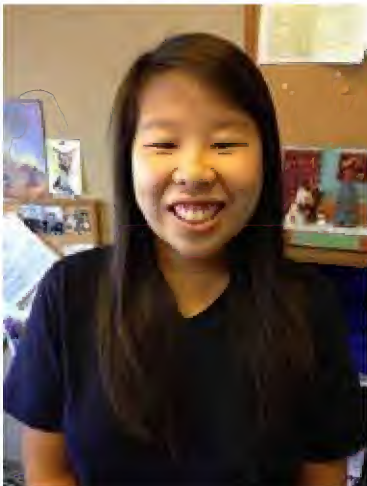
Introducing Our HSU Interns!

Food for People is happy to announce the launch of our first official intern program, a collaboration with Humboldt State University. Four HSU students will join us for the 2014-2015 school year. Their duties will include assisting with food drives, intake, and event planning; leading volunteer orientations; and even running the Arcata Pantry. We are excited to welcome them to the Food for People family.

Hello! My name is Tiffany. I was born and raised in the beautiful city of San Francisco. I came into Humboldt State University with a nursing major, but due to budget cuts, the program was no longer available. During my first year of college I had a seminar class with professor Ronnie Swartz, the department chair. He talked a lot about what he did and he gave me insight into what social work was all about.

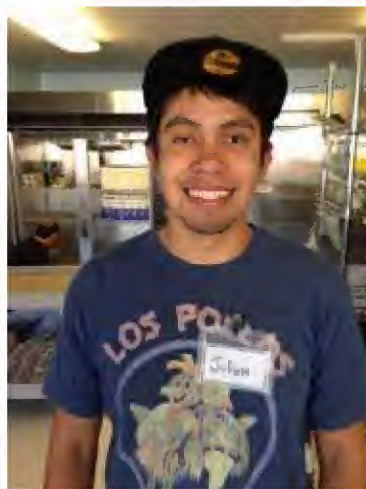
Growing up, there were times where I would have to help my family with paper work, translate things, and explain things. I still do that today. During my free time, I enjoy volunteering. It's a fun learning experience to work and interact with people within the community and to learn about their stories. I look forward to working and learning about Eureka and Arcata's community and hopefully I can do my best to give the support and help people need.

In five years, I see myself with a completed bachelor and master's degree in social work and hopefully having a stable job within the social work field. My dream job would be creating, working, and/or running a non-profit organization where I can help people within the community: adults, children, adolescents, and elders. ~



Hello, my name is Julian. I am thrilled to be part of the new team of interns at Food for People. At the beginning of this year I volunteered at Food for People as part of an undergraduate social work class requirement. Now, I am fortunate to be able to expand my knowledge and understanding of this organization. Although I will be primarily based out of the Eureka pantry, I will be assisting Erin Tharp, Food for People's Community Food Programs Coordinator, with the Senior and Homebound Food Programs. I have thoroughly enjoyed the time I have spent at Food for People, and look forward to learning more about the inner workings of this organization as the year progresses.

Now for a little bit about me. I am in my senior year at Humboldt State University, and once I graduate, I plan on continuing my education by pursuing a law degree. My ultimate goal is to become a public defender. I came up to Humboldt from Richmond, California, and although I have fallen in love with the Humboldt culture, I plan to head back down south once my time at school comes to an end. ~



My name is Evonne and I am a social work student at HSU. I am excited to start interning at Food For People this year! I enjoy working at Food For People because I have done things that I have never had the opportunity to do. They offer me a way to actively participate in my community. I like to be involved with the community because I believe an act of human kindness can go a long way.

After I graduate, I plan to stay active in the field of social work so I can advocate for issues that need to be addressed within our society. Food for People has given me the opportunity to address hunger issues and actively participate in giving people a healthy choice as to what they want to eat. For this, I will always be grateful to have the opportunity to be here. ~



Hello, my name is Tyree, and prior to becoming an intern at Food for People, I was a director at Youth Educational Services (YES). While at YES, I coordinated a group of volunteers to participate in local service. In addition, I planned and managed a service learning trip to San Francisco. Following my directorship, I became an intern on the HSU campus for the Center for Service learning and Academic Internships. As a service learning intern, I get students involved in participating in volunteer services in the community. One service site that I get students involved in is Food for People.

I'm most excited about working face to face with clients and doing intake and interviews. Once my internship at Food for People ends, I plan on continuing my education at a master's of social work program. It has been my life-long goal to help people better their lives, and the social work profession is the perfect fit. ~



I want to become a volunteer at Food for People!

Call 707-445-3166 or email:

Volunteer@foodforpeople.org. Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone contact me:

Phone: _____

Email: _____



Hunger Action Month

Continued from page 1

people. The California Center for Rural Policy reported in their Humboldt County Community Food Assessment that more than 31% of low-income Humboldt County adults experience food insecurity, or lack of access to enough food. Households with children are at particularly high risk of hunger and experience the highest poverty rates in the county. Nearly a quarter of Humboldt County households with children under 5 years of age live in poverty, which jumps to 57% in households led by a single mother with children under 5 years of age.

Food for People invited community members to learn and do something about hunger in Humboldt County in September through the food bank's "30 Ways in 30 Days" calendar of activities for Hunger Action Month.

Suggestions in the calendar included favorite documentary films about food insecurity, links to interesting children's books about hunger, hunger education curriculum for the classroom, links to food insecurity articles and statistics, and creative ideas for donating to a food pantry

(including fresh fruits and vegetables from a home garden). The calendar is still available on our website at www.foodforpeople.org. Click on the Hunger Education tab, and then select Hunger Action Month.

In addition, the food bank invited community members to participate in #HungerHurts, a social media campaign to raise awareness that hunger is a community issue that hurts everyone. Individuals from all over the community participated by liking Food for People's Facebook page and then posting a "selfie" photograph (see photos) holding a "#Hunger Hurts" statement on Food

for People's page. Contributors included local teachers, business owners, farmers, doctors, and community members, all voicing how hunger affects them, our community, customers, patients, students, and friends, right here in Humboldt County.

The #HungerHurts project demonstrates that a wide cross section of the community cares about and is affected by hunger in Humboldt County, including people you probably know. It displays solidarity amongst people dealing with food insecurity, people taking action on it, and people engaged in the conversation. Together we are bringing the very large and hidden truths of local food insecurity into the open.

As the leading hunger relief organization in the region, Food for People distributed 2.1 million



Your donation is important!

☐ I am enclosing a donation to help eliminate hunger in our community.

☐ I would like to join the 800 Club & donate regularly.
Please send me a packet of envelopes

~~~~~ or ~~~~~

Please charge my Visa or Master Card:

Monthly ☐ Quarterly ☐ One Time ☐

For the amount of: \$ \_\_\_\_\_

CC#: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Security Code (on back of card): \_\_\_\_\_

Name \_\_\_\_\_

Street \_\_\_\_\_

Town, ZIP \_\_\_\_\_

Please contact me about including Food for People in my Estate Plans ☐

## Volunteer Spotlight on Kyle Jacob

*By Philip Anderson, Volunteer Coordinator*

Ask any staff member. Kyle Jacobsen is an outstanding member of the Food for People team. "He is the embodiment of hard work and a positive attitude. One would rarely have to ask for his help because he had already taken the initiative to do it!" said Heidi McHugh, our Community Education & Outreach Coordinator. And Jeff Gupton, our Food Distribution Coordinator, said, "Wait, Kyle was a volunteer? But he worked like a member of the staff!" Indeed, Kyle was a team player, always willing to help with a positive attitude wherever needed, whether with staff, other volunteers, or clients.

Kyle came to Food for People through CalWORKs' Welfare to Work program, designed to help families reach self-sufficiency through employment. Each person participating in the program has a plan unique to his/her situation. The plan works with local employers, including nonprofits like Food for People.

a warehouse volunteer, where he quickly learned the roles and routines of the job. Soon, his positive attitude, strength, and willingness to do any job was well-known among the staff. Kyle's workday started early, so it became fairly common for staff to show up and find the job already started.

Within months, his role expanded beyond the warehouse to other programs within Food for People. He interviewed clients in the Choice Pantry and helped them





# The Mobile Produce Pantry

By Tim Crosby, Mobile Produce Pantry Coordinator

According to the U.S. Department of Agriculture's Food Environment Atlas, 4,400 of Humboldt County's children and 3,300 of our seniors have limited or no access to a supermarket or major grocery store. One in six of your neighbors has problems accessing fresh and nutritious green produce.

That is where the Food For People Mobile Produce Pantry comes in.

of social and spatial barriers, this can result in 'food deserts' where residents commonly resort to purchasing meals at fast food restaurants and convenience stores with less than optimal selections of fresh produce.

This fresh produce is an important element for maintaining one's health and helping treat diet-related diseases, including obesity, diabetes, and high blood pressure. Leafy green vegetables are a rich



With the help of "Izzy" (our 10-ton refrigerated Isuzu truck), we can provide healthier food choices where there is a high need and limited resources. As we travel to some of Humboldt's less accessible communities, we are able to ensure rural clients have a well-rounded amount of fresh produce and access to much-needed county services. "I don't have to try and find a car ride to get to town, and then haul everything back," Orick's Mary Wilde relates. "The produce is always of a very high quality and very fresh. It's the kind you would find in expensive co-ops."

Launched in July 2012, this program provides scheduled distributions in communities where many residents struggle to access fresh fruits and vegetables. Northern Humboldt County, with

source of minerals, B vitamins, and even small amounts of Omega-3 fats. According to the Centers for Disease Control and Prevention, 1 in 4 Humboldt County residents are obese, and nearly 1 in 11 are diagnosed with diabetes. In light of these figures, it's easy to see why



access to fruits and vegetables is important to maintaining a healthy lifestyle.

It takes creativity to address hunger while improving access to fresh fruits and vegetables throughout Humboldt County. Thanks to a network of local partnerships, the Mobile Produce Pantry has been able to deliver nourishment to many specific locations across the county, from the far north to the remote east and all the way to the hamlets of Southern Humboldt. Stopping in shires large and small, we have set up free farm-stand style distributions in over a dozen communities where low-income residents struggle to access fresh fruits and vegetables. (Visit our website at [www.foodforpeople.org/Programs/Mobile-produce-pantry](http://www.foodforpeople.org/Programs/Mobile-produce-pantry) for current schedules and locations).

With the Mobile Produce Pantry's free, farm-stand style model, residents can 'shop' our diverse selections, picking what interests both them and their families. Delicious and nutritious recipes, provided by our Nutrition Education Outreach staff, help introduce ways of preparing unfamiliar items, and even offer new twists on some old standbys.

Many of our clients report that they eat less fresh produce than they would like, due to high cost and limited availability. This is especially ironic for a state that has the largest agricultural economy in the United States, and produces large amounts of high quality fruits and vegetables for much of the nation and the world. In our last fiscal year, the Mobile Produce Pantry distributed over 38 tons of fresh fruits and vegetables throughout the county, with nearly 3,600 household visits to our Mobile Produce Pantry.

Our prioritizing of fresh produce helps to ensure families in need do not go without this important part of their diet. In order to provide fresh and often organic produce, we source from local Humboldt County farms, as well as the statewide Farm To Family program. In 2011, over 120 million pounds of low-cost, high-quality produce was obtained this way by food banks throughout California. This makes it possible for us to support our local farmers, stretching funding



# Pantry Spotlight: Ferndale and Trinidad

By Darci Gibson, Pantry Network Coordinator

## Ferndale Community Church Pantry

The Ferndale Food Pantry was started by George Nichols, using the Ferndale Community Church building. In 2009, the church carried on the work of the pantry led by the pastor and two volunteers—Margaretta Batten and Shirley Robertson—who still serve regularly. Over the years they have added new volunteers, both from within the church and in the community at large. There are 6-10 volunteers who help with the pantry every month.

When the church took over the pantry, we served 32 households, representing 69 individuals, in the first month. The pantry has continued to grow, now reaching 59 households, or 154 individuals (per month on average in 2013). This represents about 10% of the population in the Ferndale area.

Although Food for People provides monthly deliveries of non-perishables for the pantry, the Ferndale community itself has been

very generous over the years. The pantry raised over 1,451 pounds of food donations in 2013. Donations have been received from the Ferndale Letter Carriers, FFA Ferndale, Village Club of Ferndale, 4H Ferndale, Catholic Women's Guild, Valley Grocery, US Bank, and North Valley Bank. Over the years, the pantry has also received generous monetary donations from community organizations such as the Ferndale Chamber of Commerce, Ferndale Kiwanis, North Valley Bank, Ferndale Lion's Club, and Wells Fargo Advisors. The funds have enabled the Ferndale Pantry to purchase much needed equipment, as well as supplemental food and hygiene products for those in need.

Food distributions occur on the third Thursday every month from 1:00 PM to 3:00 PM. Emergency food boxes are also provided any time as needed via Ferndale Community Church.

Thank you to volunteers Margaretta Batten, Sean Peifer,

Kirby Bay, Wayne Ambrosini, Jonquyl Offord, Shirley Robertson, Judy McDonald, Kim Coates, Janet Fisk, Evan Fisk, Cary Perry, Glenda Miller, Spencer Koch, Dan Tubbs, Nicholas Fisk, Ezra Janney, and Nancy Singley.

## Trinidad Lion's Club Pantry

Trinidad's food pantry was started in the 1980s by a generous pair of ladies, Ella Hardisan and Betty Smith. Initially, it was very small and operated out of a closet in Betty Smith's home. After over a decade of community support, Ella and Betty's health forced them to retire and leave the fate of the pantry in the hands of the community. Lore and Barbara Snell and Alida and Luone Harkins stepped up and partnered with Vick Taylor, the Lion's Club president, to keep the pantry running.

Through the years the Lion's Club has been instrumental in keeping the pantry running in Trinidad. The Club's volunteer team provides supplemental food to an average of 54 families, or 115 individuals a month.

This represents nearly 30% of the population in the Trinidad area. The Trinidad community provides a lot of support to the pantry every year. Local food drives and Murphy's Market store donations help the Lion's Club supplement non-perishable foods provided monthly by Food for People. Trinidad Garden Club has also donated produce over the years. They have also received monetary donations and grants via the Humboldt Area Foundation, St. Martha and Mary's Foundation, Trinidad Trading Company, and Barbara and Lore Snell to help purchase food and much needed equipment.

Food distributions occur the third Wednesday of every month from 10:30 AM to 12:30 PM. Emergency food boxes are also provided any time as needed via Trinidad City Hall.

Thank you to volunteers George Cozens, Ed and Penny Ross, Chuck and Nelda Bell, Bill Nelson, Martha Davis, Barbara Snell, Loren Parker



*Ferndale Pantry volunteers Margaretta Batten and Sean Peifer.*



*Trinidad Pantry volunteers. Front row: Barbara Snell, Nelda Bell, Martha Davis, Penny Ross. Back row: Chuck Bell, Bill Nelson, Ed Ross. Other volunteers not pictured: George Cozens*





## In Memory Of

Anna Bender  
Aunt Gladys  
B.J.  
Camille Rand  
Carol Myers  
Charles DiCostanzo  
Carolyn Regan  
David Rudin  
Diane L. Santiago  
Donna York  
Edith Watson  
Edward N. Pugh  
Florence & Howard Mayer  
Jack Mays  
Margaret Brundino  
Sam Brown  
Shirley Rische  
Vivian Zimmerman

## In Honor Of

All Who Suffer From Starvation  
Carl Chatfield  
Diane Anderson's Birthday  
Harriet Pecot  
Jan Perrone  
Lilach Assayag  
Maggie Gainer  
Nancy Reichard  
Sally  
The Hart & Buckley Families  
Virginia Holt  
W. McCord

## Tributes, Memorials & Gift Contributions

We would like to sincerely thank the friends and family of those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite

way to celebrate and/or honor the memory of someone you love.

If you would like to make a donation in someone's name for a birthday, special event, or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual so we can send them a card to let them know about your gift.

We are always happy to know a bit more about the folks for whom you are making donations in honor or memory. Let us know if you would like to include a photo or briefly tell their story and why you

## Welcome, Cassandra!

We're very excited to welcome Cassandra Culp, Food for People's new CalFresh Nutrition Education Coordinator. We asked Cassandra a few questions to help you get to know her.

**Your title is sort of long and complex. Can you give us the simplified version?** One who helps others make healthier food/drink choices.

**What interests and experiences brought you to this position?** As an inner city teacher, I saw firsthand the effects of hunger and food insecurity. Without access to balanced meals and snacks, my students' academics suffered. I began teaching my students what healthy food choices are, hands-on cooking lessons, gardening and sharing recipes. An educator at heart, I realized I could have a much bigger impact in people's lives through sharing the power of good nutrition. I have both worked and volunteered with other local organizations that focus on nutrition education and outreach. My passion is to help others make healthier food choices for themselves and their families.

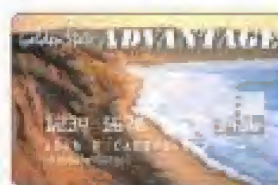
**What are the biggest nutritional challenges facing people on limited incomes?** Access to low cost or free produce is probably the biggest nutritional challenge people with limited incomes face. Sadly, the cheapest food is often the unhealthiest. Processed food may stretch the dollar but are low in the nutrients needed for living a life of quality. Fruits, vegetables, eggs, and unprocessed meat and cheese are better choices but tend to be more expensive.

**What do you think is the biggest fallacy about hunger and food insecurity in our community?** The biggest fallacy, in my opinion, is probably that hungry people don't "look" hungry or starving. There is a difference between being starving for food and starving for nutrients. Many people who experience hunger and food insecurity are starved for nutrients. For example, I may only have \$3 to feed dinner to my family of four. \$3 goes a lot further on a processed food item than in the produce department. When faced with that hard choice of purchasing two apples or filling bellies with poor quality food, filling bellies will win every time.

## How Can You Use CalFresh at the Farmers' Market?

(North Coast Growers Assoc. markets in Eureka, Arcata, McKinleyville, etc.)

1. Bring your CalFresh EBT card to Farmers' Market.



2. Find the Market Info Booth.



5. Use the wooden produce scale.



4. Swipe for at least \$10 and



## The Choice Pantry

By Jeff Gupton, Food Distribution Coordinator

When I first began at Food For People, I brought with me a fairly extensive background with wholesale and retail produce, learning all I know from my father. Many people say it's in my blood. I immediately fell in love with the idea of distributing fresh fruits and vegetables alongside the other food items we have in our Choice Pantry. But I was raised that presentation is everything, and whether it's a grocery store or a food pantry, we should be displaying our wares in a more accessible fashion. At the time we

were using a large, flat table for our produce, and the main topic of conversation from our clients was that they could not see or reach all the items on the table. I immediately sharpened my pencil, put my produce experience to work and sketched out a few ideas.

In April of this year, I reached out to David Stevens, the Woodshop teacher at Eureka High School. Using my sketches as a basis, Mr. Stevens and I began an email dialogue about how to build a set of racks that would achieve

my vision for the Choice Pantry. Once we decided on a final design, we purchased the materials, and in only a few days, the EHS Woodshop had our dream racks built! To me, this was proof positive that the Humboldt community is truly in tune with each other and are willing to come together without hesitation. I would like to personally thank Mr. David Stevens and the Spring 2014 EHS Woodshop for helping us with this wonderful project. ~



## Farmers' M

Ing

½ cup cook  
1 cup local,  
1 cup summ  
½ cup onion  
2 tablespoo  
Chopped ci  
Salt and pep

Dir

Combine ingredients in a  
Put over fish, eggs, o



Shop at A  
and Ama  
a do  
Food f  
G  
ama

AmazonSmile is another  
Whenever you shop on A  
[www.smile.amazon.com](http://www.smile.amazon.com). Am  
of your eligible AmazonSmile  
us at (707) 445-3166 exten

## Welcome, Amelia!

We're very pleased to welcome Amelia Boulware, Food for People's new Fund Development Director. We asked Amelia a few questions to help you get to know her.

**What do you do at Food for People?** I manage the fund-raising projects that help keep Food for People operational. That sounds a little dry, but it's dynamic work that includes community outreach as well as project management and development strategy. Food for People is a very collaborative work environment.

side with them. It's true that I work upstairs from the warehouse, but because we have a pantry on site and a very active group of dedicated volunteers, my work takes place in the context of our direct services to the community.

**What interests and experiences drew you to your position at Food for People?** Many things intersected to bring me here! But the most tangible one was picking up a copy of the newsletter before I knew of the job opening. I read every article. I loved how all the staff members wrote articles about their work. I noticed how they talked about food insecurity—the words they used, their appreciation of the issues underlying food insecurity,

and we all have a part to play in addressing it if we have the resources to do so.

**What was your first impression of the food bank during your first week on the job?** I was and still am moved by the leadership and integrity of my co-workers. There is so much hard work and ingenuity here—we get a lot done without anything to spare.

**As you spend time shadowing and learning about staff coordinators' programs, what are some of the experiences that stand out?** The day I delivered groceries to our elderly community members, I talked with a woman living alone in her own house with her cat. She had just celebrated her

road I could take to get to a special place near Petrolia, and how I should pack a lunch if I went. Our elderly and homebound neighbors are often isolated by limited mobility, which is compounded by or a direct result of limited resources. They are the link to





# Service Club Collaboration Helps Funds Child Nutrition Program for

By Amelia Boulware, Fund Development Director

Did you know that kids who are hungry or who don't have access to nutritious foods find it harder to concentrate in school? School outcomes often correlate with quality of life for adults. Households with children are at particularly high risk of hunger and experience the highest poverty rates in Humboldt County.

Food for People wishes to thank the Rotary Clubs of Eureka, Old Town, and Southwest Eureka; Lost Coast Rotaract; and Soroptimist International of Humboldt Bay for their fundraising commitment to Food for People's Child Nutrition Program, Backpacks for Kids. Through their Rhody Roundup Backpacks Buddy Night on April 25—a catered dinner with live music, fun activities, silent auction, and the raffle that concluded on August 26—they netted \$25,000 for the Backpacks program. This important program provides a backpack of nutritious food on Fridays during the school year for children who are considered at risk for hunger over the weekend.

A very special thank you goes to John Bradley, who retired from the Rotary Club of Eureka in August, for his hunger advocacy and dedicated leadership of the Backpacks fundraising. We also wish to thank the generous Rotarians, Soroptimists, and community members whose ongoing contributions make this program possible. Additional thanks to Rotarians in Arcata, Fortuna, and Garberville for their support. ~



**Above:** Raffle day at Old Town Rotary Meeting, 8/26/14. From left to right: Marty Lay, Southwest Rotary; Karen of Humboldt Bay; Anne Holcomb, Executive Director, Food for People; Kim Brown, Old Town Rotary; Harold H. John Bradley, Eureka Rotary and Food for People volunteer. Raffle winners were Chris Jones of McKinleyville (D. Redd of Eureka (Pierson's gift certificate.)



Please visit our website at [www.foodforpeople.org](http://www.foodforpeople.org) for more information about all of our programs; staff contact information; hunger education information and resources; copies of past newsletters and annual



## Know Your Farmer: Paul Giuntoli, Warren Creek Farms

By Laura Hughes, Local Food Resources Coordinator



Driving to the eastern property of Warren Creek Farms on a sunny day to pick up a hefty gleaning donation, I follow Warren Creek Road along the Mad River toward Blue Lake. As the van nears the farm, the dirt road previously lined with trees and houses dips down into the Mad River valley, unfolding in a breathtakingly beautiful scene before me. The cattle pastures, apple orchards, row crops, and old barn come into view, and I pull up to the barn to load several hundred pounds of cauliflower to be donated to the food bank. In the distance, small figures are working to harvest corn for the farmers' market. It's an idyllic scene for a hard-working Humboldt County farm.

Farmer Paul Giuntoli is a well-known fixture in the local agricultural community, and serves as the board president of the North Coast Growers' Association Farmers' Markets. Despite being a rather busy

man, Paul is a soft-spoken, kind-hearted, and approachable guy with a twinkle in his eye. Together with his wife Carla, their faithful dog Tilley, and their rowdy field crew, they run Warren Creek Farms. I had a chance to catch up with Paul and his field crew leader, Tyler, at Paul's Live from New York after Farmers' Market one day recently to talk about his experience in the farming community, and working with Food for People.

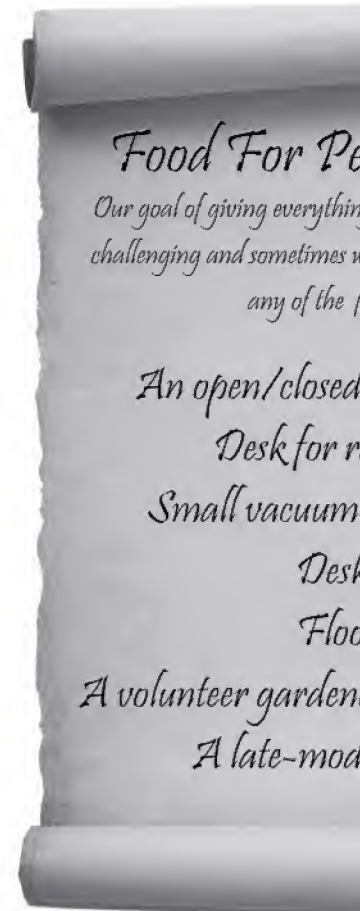
It's not hard to understand how Paul became a farmer. His mother's side of the family has been in Humboldt since 1909 and operated a dairy farm. His father's side of the family started farming in Bayside in 1919 as Giuntoli Brothers Produce. Several years later, the Giuntoli brothers moved up onto Giuntoli Lane, where Paul's grandfather opened an inn and restaurant on the farm. Paul says he's been farming all his life, owning his first dairy

animals at the ripe old age of nine, and starting his own farming operation in 1987. His early crops consisted mostly of potatoes, eventually building up over time to grow a little bit of everything.

Warren Creek Farms actually consists of several smaller pieces of land (hence the plural "Farms" in the name), including their aforementioned property at the end of Warren Creek Road, as well as several properties adjacent to one another in the Arcata Bottoms, about one mile east of Mad River Beach. Passersby are likely most familiar with these properties on Mad River Road, where Warren Creek Farms' annual and much-loved pumpkin patch and corn maze can be found and enjoyed by the public each October.

Of Warren Creek Farms' 194 certified organic acres, approximately 45-50 acres are cultivated annually. The other properties are left fallow or grazed by other local ranchers and dairymen, such as the farmers in the bottoms who produce milk for Horizon Organic Dairy. This arrangement allows fields to rest while building soil fertility, affording a 6- to 7-year rotation of fields for vegetable crop production.

Warren Creek Farms' main crops include potatoes, dried beans, winter squash, and sweet corn, plus 80 or so more



North Coast Growers' Association Arcata Plaza Farmers Market on Saturdays, as well as their public farm stand and pumpkin patch in October. They also sell produce wholesale to the North Coast Co-op, Wildberries Marketplace, Eureka Natural Foods, Ray's, Murphy's Markets, several local restaurants, and Veritable Vegetable out of the Bay Area. Warren Creek Farms also works occasionally with Food for People to provide local purchases of produce for our distribution programs, including potatoes and cauliflower.

In addition to these marketing outlets, Paul regularly donates excess crops to Food for People. When I ask why he feels it's important to donate, Paul remarks, "because it does more good for people than for cows," and then adds, "although cows feed organic produce are very tasty." He goes on to explain that excess produce is a resource that can

### A special thanks to our printer!

Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.

western web

